

GET HELP NOW



Nationwide Resources

National Suicide & Crisis Lifeline:

- [988 Suicide & Crisis Lifeline](#)
- Dial 988

Crisis Text Line

- Text HOME to 741741

The Trevor Project: LGBTQ+ Youth Suicide Hotline

- thetrevorproject.org
- 1-866-4-U-TREVOR (1-866-488-7386)
- Text START to 678678

Suicide Hotline for Spanish Speakers

- 1-888-628-9454

Substance Abuse and Mental Health Services: Find a mental health provider near you

- findtreatment.samhsa.gov/locator
- 1-877-SAMHSA-7 (1-877-726-4187)

U.S. Department of Education Office for Civil Rights: Enforces several federal civil rights laws and assists in resolving complaints of discrimination

If you have a complaint, please first talk to the DASA coordinator or a mental health professional at your school

- ed.gov/about/offices/list/ocr
- 1-800-421-3481

U.S. Department of Justice Civil Rights Division: Enforces federal laws that protect students from harassment and discrimination and accepts complaints of potential violations

If you have a complaint, please first talk to the DASA coordinator or a mental health professional at your school

- justice.gov/crt
- 202-514-4609

Western New York Resources

BestSelf Behavioral Health: provides counseling and treatment services for parents, children, families, and adolescents

- bestselfwny.org | 716-884-0888

Crisis Services Hotline

- 24 Hour Crisis Hotline: 716-834-3131
- Kids Help Line: 716-834-1144, or 1-877-KIDS-400 (1-877-543-1400)

Catholic Charities: provides emergency assistance, counseling, behavioral health, youth education, & more

- ccwny.org | 716-856-4494

Child and Family Services: provides counseling, community based services, work-life support, education, mediation, and prevention for children, families, and individuals

- cfsbny.org | 716-842-2750

Erie County Council for the Prevention of Alcohol and Substance Abuse: provides education, programs, and services for individuals and families on the prevention and intervention of alcohol and substance abuse

- eccpasa.org | 716-831-2298

Every Person Influences Children: provides parents, teachers, and other educators with resources and programming on parent support, family literacy, character development in children, creating home school partnerships, and family engagement in education

- epicforchildren.org | 1-888-819-EPIC (1-888-819-3742) or 716-332-4100

Family Help Center: links residents with human resources organizations and community resources to improve student achievement and behavior at school

- familyhelpcenter.net | 716-892-2172

Growing LGBTQ+ Youth Support (GLYS) Western New York, Inc.: Offers a variety of opportunities, resources & services for LGBTQ+ youth and their friends, ages 5-21.

- glyswny.org | 716-855-0221

Mental Health Association of Erie County: provides support and advocacy for individuals and families living with mental illness

- eriemha.org | 716-886-1242
- Text MHA to 741-741

Prevention Focus/Teen Focus: provides programs and strategies proven to address problem behaviors and promote healthy choices for parents and children

- preventionfocus.org
- 716-884-3256

Spectrum Health & Human Services CARES (Crisis and Re-Stabilization Emergency Services): crisis hotline and emergency response for individuals under the age of 18 in Erie County

- Spectrum Cares – shswny.org/services/cares
- 24/7 by calling 716.882.4357

University at Buffalo Resources

Student Conduct & Advocacy

- buffalo.edu/studentlife/who-we-are/departments/conduct.html
- 716-645-6154

UB Counseling Center

- buffalo.edu/studentlife/who-we-are/departments/counseling.html
- 716-645-2720

UB Office of Equity, Diversity, and Inclusion

- buffalo.edu/equity.html
- 716-645-2266

University Police

- buffalo.edu/police
- Emergency Line: 716-645-2222
- Non-Emergency Line: 716-645-2227